

The title 'Volunteer Handbook' is surrounded by decorative elements. Four colorful arrows (orange, blue, green, and pink) point towards the center from the corners. A horizontal line of small, multi-colored dots (orange, green, blue, pink) runs across the middle, passing behind the text.

Volunteer Handbook

welcome

Welcome to The Vitality Big Half, an event created by London Marathon Events in partnership with Sported, which takes place on Sunday 1 March 2020.

The Vitality Big Half is London's community half marathon and welcomes participants of all ages, abilities and levels of experience. More than a half marathon, The Vitality Big Half will bring together Londoners and runners of all backgrounds. The event takes place in the four London Boroughs of Tower Hamlets, Southwark, Lewisham and Greenwich.

This handbook is designed to provide you with all of the information you will need ahead of event day so that you are feeling ready and prepared to take on your role within the volunteer team. You are one of a 1,200-strong team of volunteers who will come together on Sunday 1 March to make The Vitality Big Half happen and we hope that you are looking forward to being part of this exciting event.

Thank you in advance for your time, commitment and support of The Vitality Big Half – we couldn't deliver the event without you.

contents

04 Event overview

05 Volunteer roles

07 Event Day clothing

08 Safety and security

11 Medical information

12 Lost children and
vulnerable adults

12 Event FAQs

13 The Start

15 Start baggage

20 The Course

23 Vehicle Crossing Points

24 Course FAQs

25 Avenza app instructions

26 The New Balance Big
Relay & The Vitality Big
Mile

27 The Little Half

28 The Finish

32 Finish baggage

34 The Vitality Big Festival

Event Overview

The Vitality Big Half centres on the half marathon race, but there are lots of other events taking place throughout the day.



The Vitality Big Half: a 13.1-mile half marathon, starting on the Highway and finishing at Cutty Sark in Greenwich. Approximately 16,500 runners will take to the streets of London to complete the course, which winds through the boroughs of Tower Hamlets, Southwark, Lewisham and Greenwich.



The Little Half: a 2.3-mile timed run for people of all ages and abilities. The Little Half will start in Printworks and Surrey Quays, with runners covering the final 2.3 miles of the half marathon course before finishing in Greenwich.



The New Balance Big Relay: The New Balance Big Relay takes place on the same course as The Vitality Big Half but offers four runners the chance to complete the 13.1-mile distance as a team. Each runner takes on one of the four legs – with changeovers in Canary Wharf, Narrow Street and Rotherhithe, before the final-leg runner crosses the Finish Line in Greenwich.



The Vitality Big Festival: throughout the day on Sunday 1 March there will be a festival taking place in Greenwich Park to celebrate London's diverse culture, food and music. The Vitality Big Festival is free of charge and is open to all runners, spectators, volunteers and local residents, who are invited to come along and join the celebrations.



The Vitality Big Mile: a free, family-friendly mass-participation fun run around Greenwich Park. This is the perfect event for first-time runners or walkers, families with children of all ages, and anyone looking to get more healthy and active.

Volunteer roles

We have a 1,200-strong team delivering The Vitality Big Half and its associated events, and within our team there are a diverse range of roles and responsibilities. The teams are split into four key functional areas (Start, Course, Finish and Festival) and there are a number of different roles within each of these areas. See below for a summary of the roles undertaken by the volunteer team:

Start

- Start Pen Marshals
- Event Ambassadors
- Start Baggage Teams
- Recycling

Course

- Course and Pedestrian Crossing Point Marshals
- Drinks Station Teams
- Little Half Start Marshals and Wayfinders
- New Balance Big Relay Changeover Teams

Finish

- Medal Distribution
- Recovery Bag Distribution
- Runner Chip Removal
- Finish Baggage Teams
- Finish Line Marshals

Festival

- Festival Ambassadors
- Wayfinders

You will be provided with details of your role in advance of the event by your team leader. You will also receive a final briefing from a member of The Vitality Big Half team on event morning.

Key Staff & Contact Details

Name	Volunteer Teams	Role	Event Location	Contact Number
Phil Keith	Baggage (Start)	Baggage Manager (South Start)	Baggage Lorries	07866 520 583
Ellen Farrell	Baggage (Start)	Baggage Manager (North Start)	Baggage Lorries	07760 884 218
Emily Vaghefian	Start Waves, Start Wayfinders	Volunteer Supervisor	Ensign Centre	07951 443 640
Kevin Valaydon	Start Waves, Start Wayfinders	Volunteer Supervisor	Ensign Centre	07432 701 045
Juraj Szilagyi	Start Area	Volunteer Supervisor	Start Roaming	07941 227 540
Paul Strover	Finish Teams	Volunteer Supervisor	Finish Volunteer Check-In	07947 734 590
Helen Tang	Finish Teams	Volunteer Supervisor	Finish Volunteer Check-In	07908 982 088
Richard Powell	Finish Festival Teams	Volunteer Supervisor	Finish Festival	07786 983 886
Designated Team Leader	Course Teams	Course Team Leader	Various	Check details on Rosterfy Portal
Designated Team Leader	Drinks Stations	Drinks Station Team Leader	Drinks Stations 1-4	Check details on Rosterfy Portal
Donna Richards (Volunteer Coordinator)	Finish Teams	Finish Volunteer Lead	Finish Roaming	07425 527 244

If you would like to learn more about what the participant should expect on the day, please **click here**.

Thank you! Don't forget, this is your day too and we hope you enjoy it! We look forward to seeing you at The Vitality Big Half 2020.

Event Day Clothing

All members of the volunteer team will be provided with a grey New Balance Vitality Big Half jacket, which must be worn on event day (see picture below). The one exception to this is the Drinks Station Teams who will receive Buxton or Lucozade T-shirts and caps rather than a Vitality Big Half jacket.



In addition to The Vitality Big Half jacket, all volunteers should wear the following:

LAYERS UNDER YOUR JACKET

It is likely to be fairly cold on event day, particularly if you start your role early in the morning. Ensure you have plenty of additional layers with you so that you don't get cold during your shift.

COMFORTABLE SHOES

You will likely be on your feet for the majority of the time you are in your role.

With that in mind, please wear shoes that are comfortable for prolonged periods of standing.

TROUSERS OR SHORTS

If you have black trousers or shorts we would appreciate you wearing them so that the volunteer team looks as uniform as possible.

If you do not own any black trousers or shorts, it's not absolutely necessary for you to wear black, so don't worry.

Safety & security

The following sections contain information about how to respond to security concerns and medical incidents. It is important to remember that, in the highly unlikely event that you experience a major emergency while at The Vitality Big Half, you should take two simple actions:

1. Call 999 just as you would in everyday life. Advise them of your exact location, the nature of the emergency and the assistance that you are requesting.
2. Once you have called the emergency services, immediately contact the event control room on 020 3054 3001. The event control room will then provide you with further instructions.

Please be assured that we work very closely with organisations including the Metropolitan Police, London Ambulance Service and London Fire Brigade to help ensure the event will be extremely safe and enjoyable for all volunteers, runners and spectators. Given the level of planning that has gone into staging The Vitality Big Half, you can be confident that when you come to the event you will be entering a very safe environment.

It is also important to remember, however, that London is a major capital city and given the current security environment, we all have an important role to play in ensuring that the event can be as safe as possible.

VIGILANCE

All volunteers should be vigilant on event day and you should escalate your concerns if

you notice anything potentially suspicious or anyone behaving suspiciously. If you do notice anything suspicious on event day, remain calm and report it to your Sector Manager, Team Leader or nearest Police Officer.

UNATTENDED BAGS

If you come across an unattended bag the first course of action should be to try to eliminate the concern by finding the owner. Ask around in your immediate vicinity as to whether the bag belongs to someone; in the majority of cases the owner will be quickly identified.

If your initial enquiry does not resolve the situation then you should apply the **HOT** principles to further consider if action is required. **HOT** stands for:

Hidden – Has the bag been deliberately hidden from view? If it has then this could be a cause for concern.

Obvious – Is the bag obviously threatening or dangerous? Are there any wires or suspicious material on show? If there are then this is a clear cause for concern.

Typical – Is the bag typical of the type of bag you might expect to see at a half marathon event? If not then this could be a cause for concern.

If you have thought through the **HOT** principles and you believe the bag could potentially be a security concern, remain calm and report it to your Sector Manager, Team Leader or nearest Police Officer. If you don't have quick access to any of these people then report the situation to the event control room.



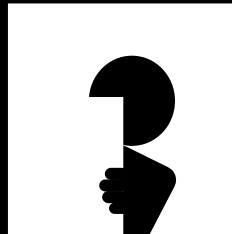
COUNTER
TERRORISM
POLICING

ACT

ACTION
COUNTERS
TERRORISM

IN THE RARE EVENT OF
a firearms or weapons attack

RUN HIDE TELL



RUN to a place of safety. This is a far better option than to surrender or negotiate. If there's nowhere to go, then...

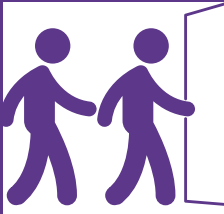
HIDE It's better to hide than to confront. Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can. Then finally and only when it is safe to do so...

TELL the police by calling 999.

If you think someone has been exposed to a **HAZARDOUS SUBSTANCE**

Use caution and keep a safe distance to avoid exposure yourself.

TELL THOSE AFFECTED TO:



REMOVE THEMSELVES...

...from the immediate area to avoid further exposure to the substance. Fresh air is important.

If the skin is itchy or painful, find a water source.

REPORT THE INCIDENT



REMOVE OUTER CLOTHING...

...if affected by the substance.

Try to avoid pulling clothing over the head if possible.

Do not smoke, eat or drink.

Do not pull off clothing stuck to skin.



REMOVE THE SUBSTANCE...

...from skin using a dry absorbent material to either soak it up or brush it off.

RINSE continually with water if the skin is itchy or painful.

REMEMBER: Exposure is not always obvious. **SIGNS CAN INCLUDE:**



The presence of hazardous or unusual materials.



A change in environment, such as unexplained vapour, odd smells or tastes.



Unexplained signs of skin, eye or airway irritation, nausea, vomiting, twitching, sweating, disorientation, breathing difficulties.

ACT QUICKLY. These actions can **SAVE LIVES.**



supported by JESIP

Medical Information

As The Vitality Big Half is a mass participation running event you may be presented with a runner who requires medical assistance. If this situation occurs then you will need to make an assessment as to whether the situation is urgent or not.

URGENT

If the situation is urgent and requires immediate medical assistance, contact the event control room on **020 3054 3001**. When speaking to the event control room you will be asked to provide as much of the following information as possible:

Approximate age of the casualty

Sex of the casualty

History – If the casualty can speak to you, ask them if they have any history of medical conditions

Injuries – What injuries are displayed by the casualty?

Consciousness – Is the casualty conscious or unconscious?

Exact Location

Running Number – What is the race number being worn by the participant?

NON-URGENT

If the situation is not urgent then the runner can be advised to continue to the next fixed medical point on the event

route. It is important that before you begin your role on event day you have been informed by your Team Leader as to where the nearest medical point is located.

There is also a significant, dynamic, first aid presence on the route, with medical professionals on foot and in vehicles who can be flagged down at any point to assist.

ATHLETE DROP OUT

If a runner is injured and decides to drop out of the race at your location, this is allowed and you should be prepared to assist with this process. You should make a record of the participant's running number and provide this to your Sector Manager/Team Leader at the earliest opportunity.

WHAT IS THE SWEEP BUS?

The Sweep Bus travels behind the Course Closed Vehicle at a pace of 3.5mph at the back of the race. The vehicles pick up any runners who are injured or unable to stay within the course time limit of 3 hours 45 minutes. Depending on when and where a runner drops out of the race, they may well have a long wait for the Sweep Bus. You can advise the runner on the approximate wait time by referring to the pace guide on page 21. If participants are able to, please encourage them to make their own way to the Finish using public transport.

Lost children and vulnerable adults

We have a lost child and vulnerable person's policy. Stewards and volunteers must adhere to the policy.

All participating children in The Little Half who registered have been sent an orange wristband with space for their parents' name and number. Additional wristbands can be collected from Information Points at the Start Areas and the festival site. All parents have been issued with a corresponding wristband matching their child's wristband, which must be produced in order to collect their child.

If you're made aware of a lost child or vulnerable person, start by checking to see if their parent or guardian is nearby. If, after a few minutes, you have not found the parent or guardian,

call the number on their wristband. If you do not manage to make contact with the parent or guardian, report the lost child or vulnerable adult to your supervisor who will advise what to do next. **Do not state the lost person's name on the radio.**

If a child or vulnerable person is reported missing, obtain a good description of the missing person and their last known location and report this to your supervisor who will advise what to do next. Again, **do not state the lost person's name on the radio.** Keep the person who reported the incident with you and encourage them to go to the Information Point if nearby. It is important that you do not lose contact with the adult until the missing person is found.

Event FAQs

Below are some frequently asked questions about The Vitality Big Half. There are additional FAQs provided later in the booklet.

Where does The Vitality Big Half Start and Finish?

It starts on The Highway near Tower Bridge and finishes at Cutty Sark.

What time does The Vitality Big Half start?

The elite wheelchair race starts at 08:55. The Vitality Big Half starts at 09:00.

Is it just a half marathon race?

No – The Little Half, The New Balance Big Relay, The Vitality Big Mile and The Vitality Big Festival are all taking place on the same day (Sunday 1 March).

How many people are taking part?

Approximately 16,500 people will take part in the half marathon.

What time do the road closures start?

Roads around the Start Area will close from 04:00, with all other roads closing at 07:00 – including roads on the south side of the river.

What time do the road closures end?

On the north side of the river, roads will reopen at 12:30. On the south side, the roads will reopen between 14:00 and 15:00.

the Start

The Vitality Big Half starts in central London near the iconic backdrop of Tower Bridge.

Runners will congregate in one of seven start waves before being walked up to the Start Line. Runners in the Orange Start Waves are labelled with the letters A, B, D and E. Runners in the Green Start Waves are labelled with the letters C, F and G.

Runners will pass through an Assembly Area before accessing their start wave.

The Runner Assembly Areas contain an information hub, changing facilities, toilets and baggage drop off.

The Runner Assembly Area for the Orange Start Waves is located to the south of Tower Bridge, along Queen Elizabeth Street and Tower Bridge Road.

The Runner Assembly Area for the Green Start Waves is located to the north of Tower Bridge on Tower Hill and Tower Gardens.

TRAVEL

Runners have been advised to travel to the Start Area using public transport as there is no car parking available on the morning of the event.

The majority of runners will travel to one of the three stations below:

TOWER HILL

Tower Hill is a London Underground station on the north side of the river. It is located on both the Circle and District lines.

TOWER GATEWAY

Tower Gateway is a DLR station on the north side of the river.

LONDON BRIDGE

London Bridge is on the south side of the river and has both overground and Underground train services. The Underground station has trains on the Jubilee and Northern lines.

START TIMES

Runner arrival	From 07:30
Wheelchair Start	08:55
Mass & Elite Start	09:00
Last runner crosses Start Line	09:50

START AREA MAP



KEY

- First Aid Point
- Information
- Toilets
- Changing
- Baggage Lorries



Start

Championship
Runner Start Zone

RIVER
THAMES

Tower of
London

St Katharine Docks

Tower Hill

Tower Gateway
DLR

Grand Street

Tower Hill

Tower Hill

St Katharine Wey

East Rowfield

Chambers Street

Coak Street

Blue Anchor Yard

John Fisher Street

Duck Street

Empire Street

Thames Way

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment

Thames Embankment



Start Baggage

There are five baggage lorries located on each Start, along with one late baggage vehicle, which will be located at the back of the lorry line ups. Due to the set-up of the Start Area, runners are being directed to London Bridge Underground station if they are a South (Orange) Start runner and Tower Hill/ Tower Gateway if they are a North (Green) Start runner.

If any participants arrive at the wrong Start Area please direct them as follows:

SOUTH START RUNNERS ARRIVING AT NORTH START AREA

Bags will be placed on the North late baggage vehicle and will be redistributed at the Finish. Please instruct runners to head to their designated south lorry at the Finish.

NORTH START RUNNERS ARRIVING AT SOUTH START AREA

Runners can be directed to walk over the bridge to the North Start area and place their bags on the correct lorries.

START BAGGAGE TIMELINE

TIME	ACTION
06:30	All baggage teams on site at their lorries for final briefing
07:00	All lorries open to runners
08:35	South Start lorries depart
08:40	North Start lorries depart
09:10	South Late Baggage Vehicle departs
09:30	North Late Baggage Vehicle departs

LORRY NO.	LOCATION	HOLDING AREAS	LORRY OPEN TORUNNERS	LORRY CLOSED TORUNNERS	DEPARTURE TIME
1	South Side Orange Start	A, D, B	07:00	08:25	08:35
2	South Side Orange Start	A, B, D	07:00	08:25	08:35
3	South Side Orange Start	A, B, E	07:00	08:25	08:35
4	South Side Orange Start	A, D, E	07:00	08:25	08:35
5	South Side Orange Start	B, D, E	07:00	08:25	08:35
6	North Side Green Start	C, F, G	07:00	08:30	08:40
7	North Side Green Start	C, F, G	07:00	08:30	08:40
8	North Side Green Start	C, F, G	07:00	08:30	08:40
9	North Side Green Start	C, F, G	07:00	08:30	08:40
10	North Side Green Start	C, F, G	07:00	08:30	08:40
Late baggage	South Side Orange Start	All	08:20	09:00	09:10
Late baggage	North Side Green Start	All	08:25	09:30	09:30

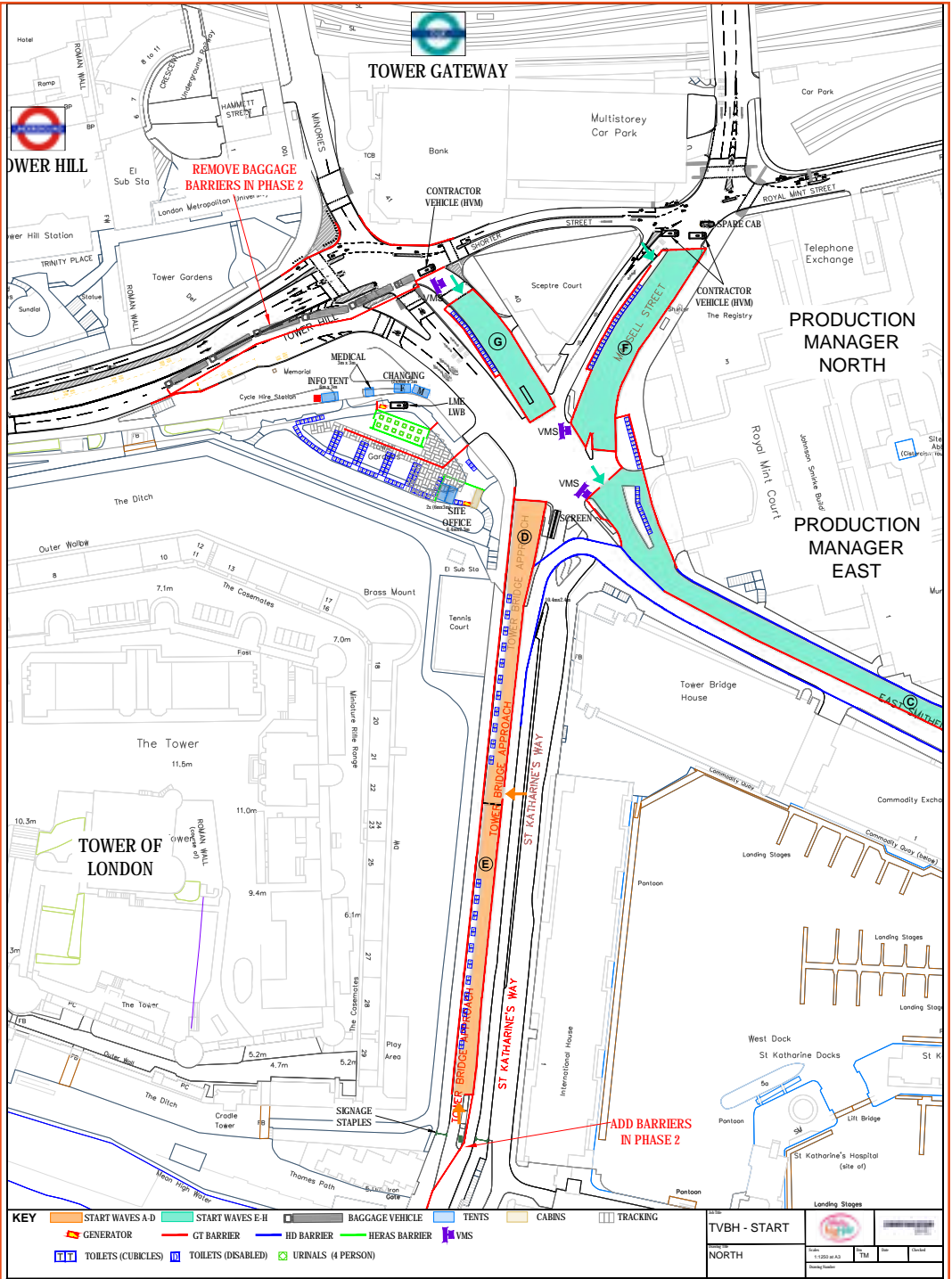
PLEASE NOTE: Elite, Championship, VIP and hospitality runners all have separate baggage vehicles. Should any of these runners end up at the North or South baggage lorries, please direct them to the Start Line where their designated vehicle will be located.

KEY BAGGAGE CONTACTS

ELLEN FARRELL – Baggage Manager North Start: 07760 884218

PHIL KEITH – Baggage Manager South Start: 07866 520583

BAGGAGE MAP NORTH



SAFETY HARNESES

All individuals entering the lorry deck must wear a safety harness for their own safety and to comply with the law (Health & Safety at Work Act 1974 and Work at Height Regs 2005 (2007 ammended).

Harnesses will be pre-attached to the lorry fittings and checked by our event safety coordinators in advance. Lanyard lengths will be adjusted to a standard pre-tested length, so will not require adjustment by yourself.



INSTRUCTIONS FOR PUTTING THE HARNESES ON:

1. Fix the belt around your waist with the fastening clip at the front and the loose belt strap to your left.
2. Fasten the two clips together and ensure you hear them click into place.
3. Pull the loose belt strap tightly for a secure fit.



PLEASE ADHERE TO SAFE HEIGHT PRACTICES WHEN ON THE LORRY DECK:

- You must attach a harness to yourself as soon as you enter the lorry deck
- Do not purposely lean off the edge of the deck or swing on your harness
- Do not unclip your harness at any time, unless entering/exiting the lorry deck
- Use ladder when embarking or disembarking the lorry deck

Any individual not adhering to these practices will be asked to work on the ground only.

EXAMPLES OF SAFE WORKING PRACTICES:



the course

The Vitality Big Half course is a 13.1-mile route that takes in the four boroughs of Tower Hamlets,

Southwark, Lewisham and Greenwich. The table (right) shows all of the key timings for runners en route.



COURSE TIMINGS & PACE GUIDE

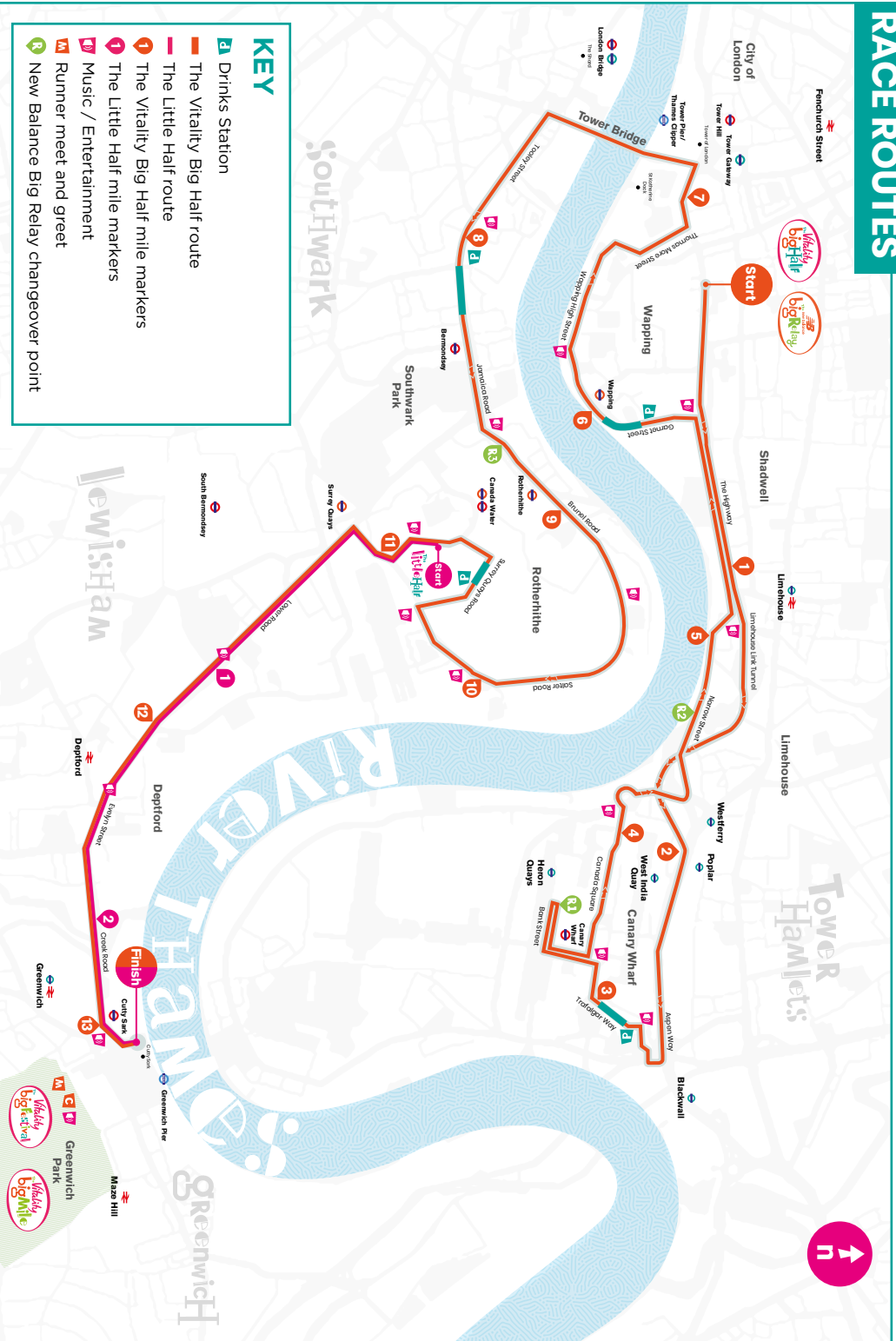
Mile	Location	First Wheelchair	First Runner	Peak Runners	Last Runner
0	Start	08:55	09:00	09:13	09:45
1	The Highway	08:58	09:04	09:22	10:02
2	Limehouse Link	09:01	09:09	09:31	10:19
3	Trafalgar Way	09:05	09:13	09:41	10:36
New Balance Big Relay Changeover 1 - Upper Bank Street					
4	West India Avenue	09:08	09:18	09:50	10:53
New Balance Big Relay Changeover 2 - Ropemakers Field					
5	Narrow Street	09:11	09:23	09:59	11:10
6	Wapping High Street	09:15	09:27	10:08	11:27
7	Tower Bridge	09:18	09:32	10:17	11:45
8	Jamaica Road	09:21	09:36	10:27	12:02
New Balance Big Relay Changeover 3 - Brunel Road					
9	Salter Road	09:25	09:41	10:36	12:19
10	Salter Road	09:28	09:46	10:45	12:36
11	Redriff Road	09:31	09:50	10:54	12:53
12	Evelyn Street	09:35	09:55	11:04	13:10
13	Creek Road	09:38	10:00	11:13	13:27
13.1	Finish - Cutty Sark	09:38	10:00	11:14	13:29

Runners in The Little Half will be on the final 2.3 miles of the half marathon route between 12:45 and 14:00. The Finish Line will close to all runners at 14:00.

RACE ROUTES

KEY

- Drinks Station
- The Vitality Big Half route
- The Little Half route
- The Vitality Big Half mile markers
- The Little Half mile markers
- Music / Entertainment
- Runner meet and greet
- New Balance Big Relay changeover point



VEHICLE CROSSING POINTS

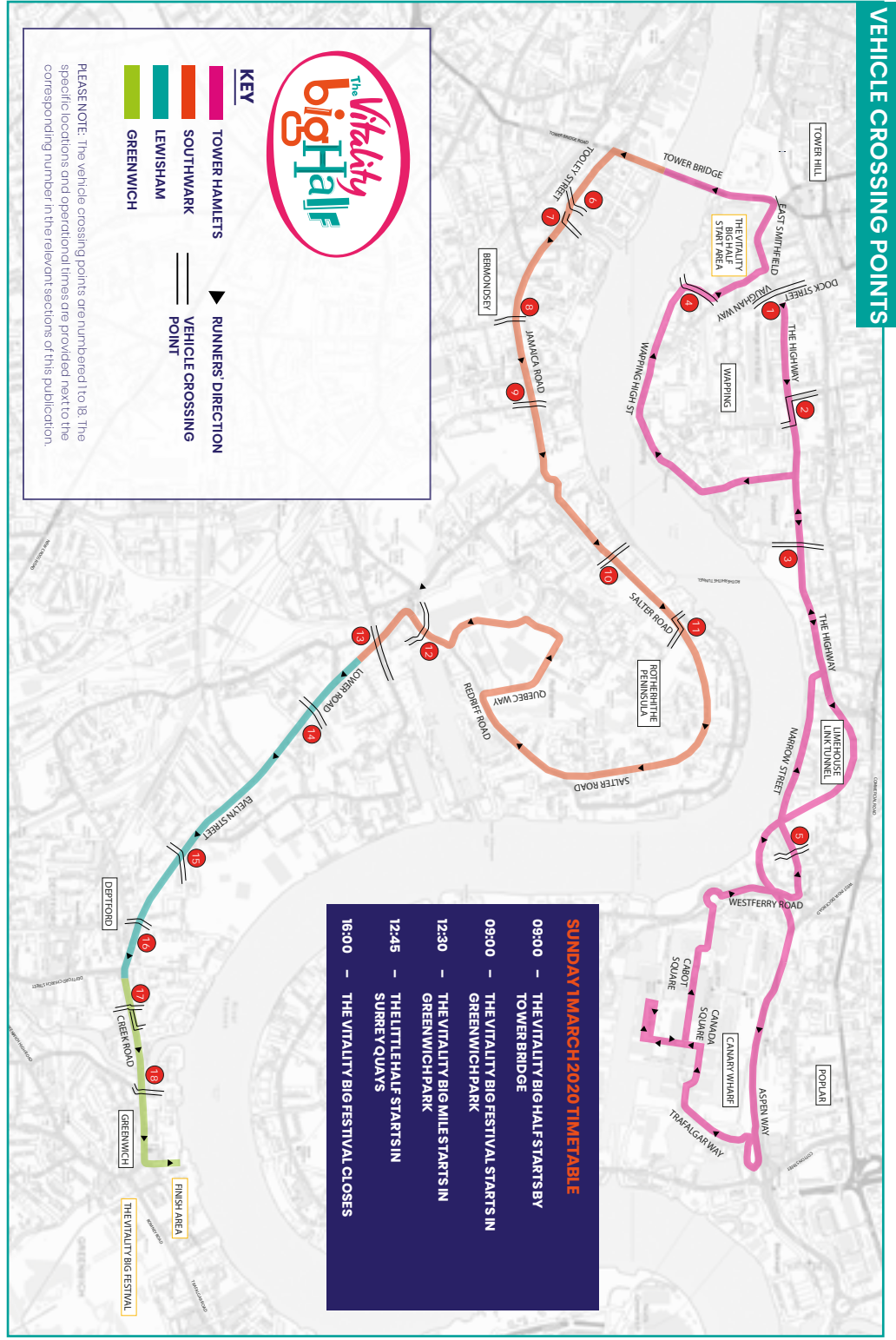


KEY

- TOWER HAMLETS
- SOUTHWARK
- LEWISHAM
- GREENWICH

▶ RUNNERS' DIRECTION
 ||| VEHICLE CROSSING POINT

PLEASE NOTE: The vehicle crossing points are numbered 1 to 18. The specific locations and operational times are provided next to the corresponding number in the relevant sections of this publication.



SUNDAY 1 MARCH 2020 TIMETABLE

09:00	THE VITALITY BIG HALF STARTS BY TOWER BRIDGE
09:30	THE VITALITY BIG FESTIVAL STARTS IN GREENWICH PARK
12:30	THE VITALITY BIG MILE STARTS IN GREENWICH PARK
12:45	THE LITTLE HALF STARTS IN SURREY QUAYS
16:00	THE VITALITY BIG FESTIVAL CLOSES

- 1. THE HIGHWAY
- 2. THE HIGHWAY
- 3. THE HIGHWAY
- 4. WAPPING
- 5. MARRON STREET
- 6. DOCK STREET
- 7. TOILET STREET
- 8. JAMACK ROAD
- 9. JAMACK ROAD
- 10. SALTER ROAD
- 11. SALTER ROAD
- 12. QUEBEC WAY
- 13. REBEFF ROAD
- 14. TOWER ROAD
- 15. DEPTFORD STREET
- 16. DEPTFORD
- 17. GREENWICH
- 18. GREENWICH

COURSE FAQs



What is the distance of The Vitality Big Half?

The Vitality Big Half takes place over the standard half marathon distance of 13.1 miles.

Does the race start and finish in the same place?

No. The Vitality Big Half starts on the Highway, near Tower Bridge, and finishes at Cutty Sark in Greenwich.

How many Drinks Stations will there be on the race route?

There are four Drinks Stations providing bottled water en route at approximately miles 3, 6, 8 and 10.5.

Will there be any energy products en route?

Yes, Lucozade Sport will be provided to runners at the third Drinks Station (mile 8).

Will there be medical provision on the course?

Yes, comprehensive medical cover is provided at the event by the St John's Ambulance (S1 + 2) and Location Medical Services (S3).

Will there be toilets on the course?

Yes, runners will have access to toilets near each of the Drinks Station locations (miles 3, 6, 8 and 10.5) where there will also be accessible units for wheelchair participants. There will also be additional toilets along the route.

Is there a course time limit?

Yes, the course time limit is 3 hours 45 minutes.

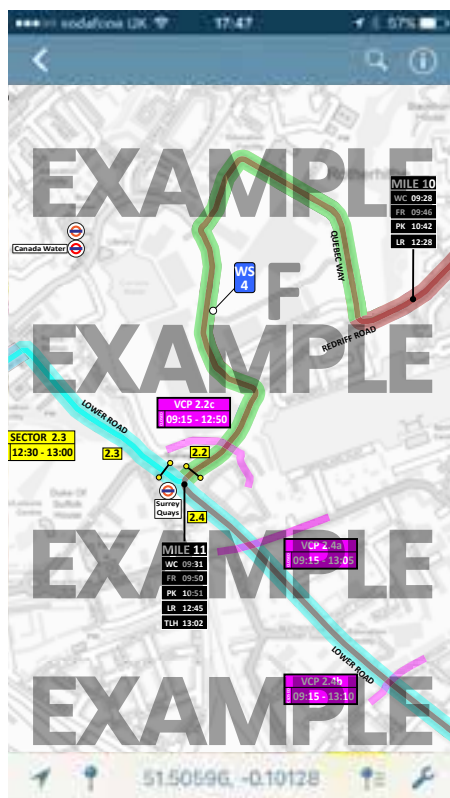
What happens if a runner falls outside the course time limit?

Any runner outside this pace will have the option to get onto the Sweep Bus, which travels at the back of the race. The Sweep Bus can collect runners and transport them back to the Finish. If a runner decides not to get on the Sweep Bus, they will be continuing at their own risk as the roads need to be reopened in accordance with the agreed timings.

AVENZA APP INSTRUCTIONS

If you are volunteering on the course, the Avenza App is a great tool as it will enable you to quickly identify exactly where you are on the route in relation to key features such as mile markers, Drinks Stations or Relay changeover points. The map will also show you projected runner timings and the timings that Vehicle Crossing Points are in operation. To get The Vitality Big Half map on your phone, simply follow the steps below:

1. Go to the App Store or Google Play on your phone and search 'Avenza maps'.
2. The first result will likely be 'Avenza Maps'. Download this Avenza Maps app. Please note the app is free to download and when in use it does not require any phone signal or use any data so no cost will be incurred.
3. Once the app has downloaded, open the app. You will be asked to register for an account, but you do not need to register to use the app.
4. Once open, press the + sign in the top right of your screen.
5. Select the option 'Tap to enter a URL of a map'.
6. Enter the address **georef.co.uk/VBH.pdf**
The map will then download and import into the app.
7. Click on the downloaded map to open The Vitality Big Half map. Once the map is open, the in-built GPS on your phone will position you onto the map. The blue GPS dot on your phone will show exactly where you are located and will move as you move around the route.





The New Balance Big Relay takes place on the same course as The Vitality Big Half and offers a team of four runners the chance to take on the 13.1-mile challenge as a team. The first runner starts with The Vitality Big Half runners, with changeovers taking place at the locations listed below:

RELAY LEG ONE:

Tower Bridge – Canary Wharf (3.5 Miles)

RELAY LEG TWO:

Canary Wharf – Narrow Street (1.2 Miles)

RELAY LEG THREE:

Narrow Street – Rotherhithe (4.0 Miles)

RELAY LEG FOUR:

Rotherhithe – Cutty Sark (4.5 Miles)

RELAY FAQS

Can a team be made up of more or less than four people?

No. Each Relay team must have four participants.

Can teams be mixed gender?

Yes.

Do Relay runners each receive a medal?

Yes. Each New Balance Big Relay team member will receive a medal at the Relay changeover where they finish their leg of the race.

Do Relay runners have access to all on-course facilities?

Yes. Relay runners have full access to The Vitality Big Half course facilities.

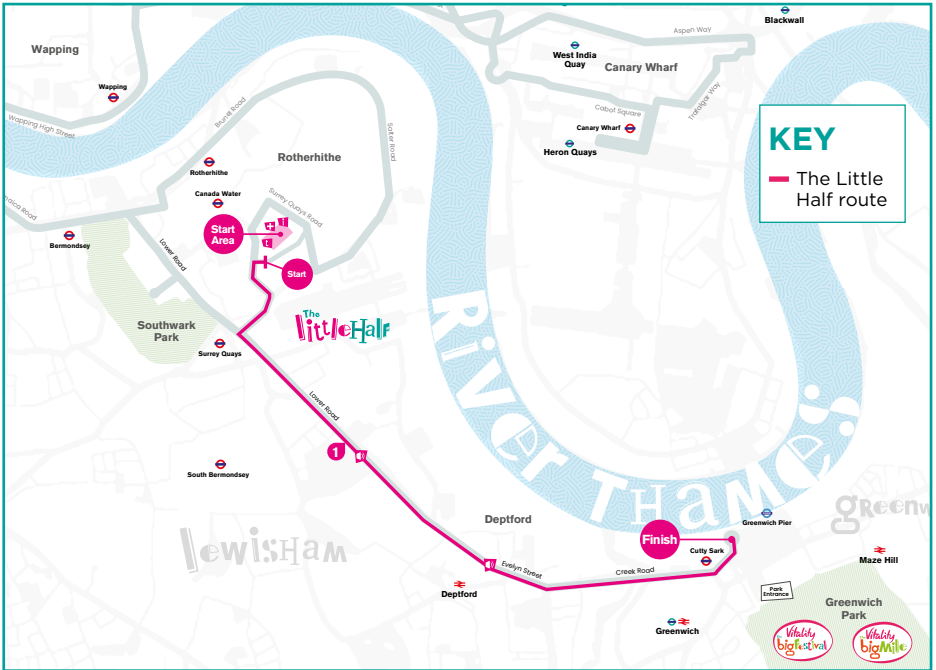


The Vitality Big Mile is a fun-fuelled event for all abilities that starts by the bandstand at the top of Greenwich Park.

There are two waves with runners starting at 12.30, and joggers and walkers starting at 12.45.

The route takes in the most picturesque areas of Greenwich Park and concludes at an exciting Finish Line in The Vitality Big Festival.

The Little Half



THE LITTLE HALF ROUTE MAP

The Little Half is a 2.3-mile timed run for people of all ages and abilities. The Little Half will start at 12:45 in Printworks, Surrey Quays and runners will cover the final sections of the half marathon course before finishing in Greenwich.

the Finish

The iconic backdrop of Cutty Sark awaits runners as they complete their race. Whether taking part in The Vitality Big Half, The Little Half or The New Balance Big Relay, all routes lead to the Finish Line in Greenwich.

Upon completion of the event, all runners will receive a medal and recovery items from the volunteer team, before making their way through to The Vitality Big Festival in Greenwich Park.



FINISH AREA FAQs

What time will the first runner cross the Finish Line?

The winners of the elite wheelchair event will finish at around 09:38. The elite men's winner of The Vitality Big Half will cross the line at approximately 10:00, with the elite women finishing just before 10:10.

What time will the last runner cross the Finish Line?

The final runner in The Vitality Big Half should cross the Finish Line at approximately 13:30. Runners from The Little Half will continue to finish until just before 14:00.

Do all races finish in Greenwich?

Yes. All runners in The Vitality Big Half and The Little Half will finish in Greenwich, as well as the final-leg runners in The New Balance Big Relay. The only runners who won't finish in Greenwich are those running legs one, two and three in a relay team.

How close can spectators get to the Finish Line?

There is limited spectator viewing in close proximity to the Finish Line. Spectators can watch from within Cutty Sark Gardens, Greenwich Church Street and on Creek Road.

Where is the best location for spectators to watch the Finish?

Spectators who want to go to The Vitality Big Festival after watching their runners are advised to watch from the south side of Greenwich Church Street and then head along College Approach towards Greenwich Park. Only those who intend to go to Cutty Sark DLR, the Greenwich Foot Tunnel or The Painted Hall should use the crossing on Creek Road towards Cutty Sark DLR.

What is the best way to travel to the Finish?

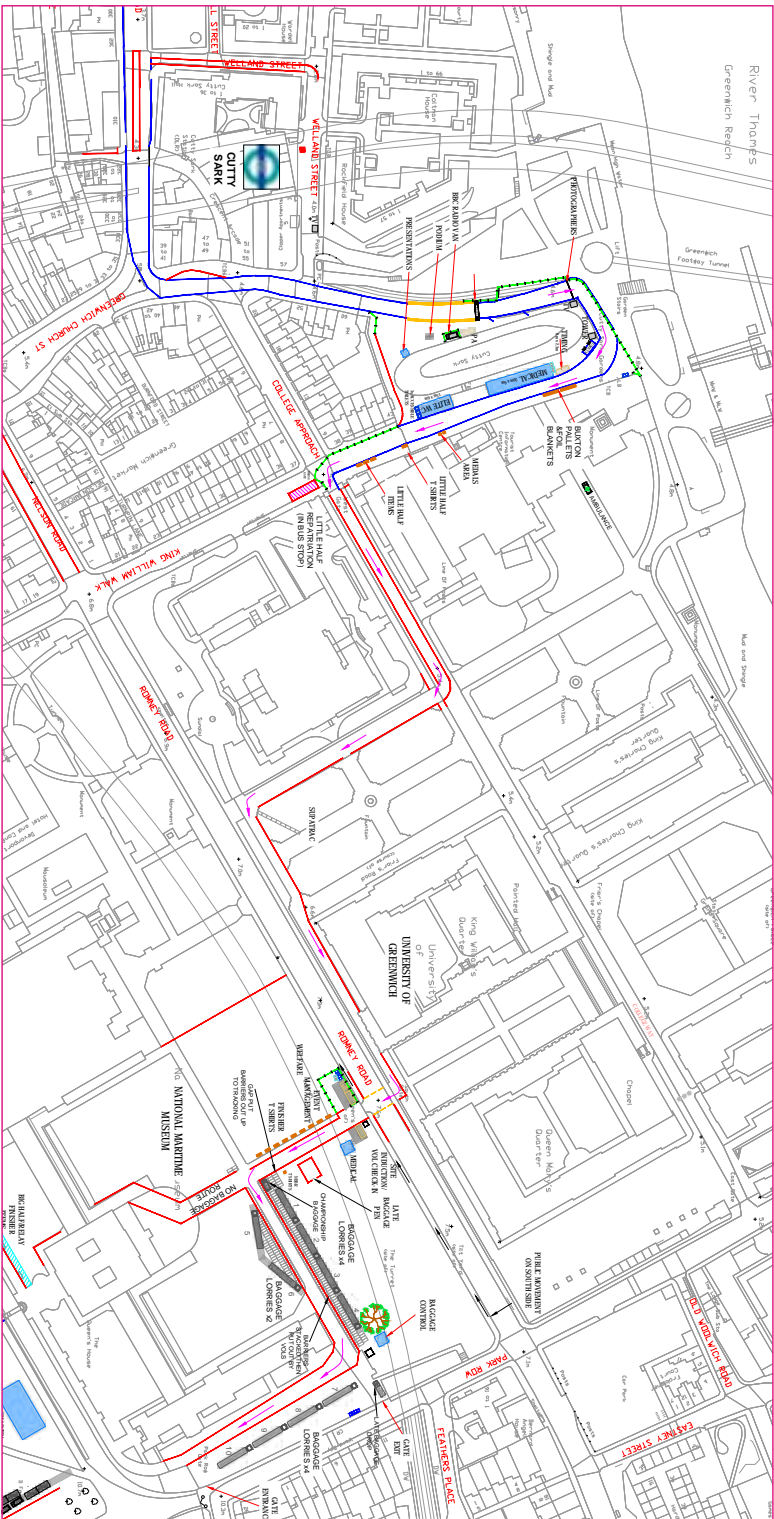
Greenwich has numerous transport options. The best way to get to the Finish is either via the DLR to Cutty Sark or Greenwich, by a national rail service to Greenwich, or by London Bus.

What else is going on in Greenwich?

There will still be general public in Greenwich wanting to go about their everyday business. Tourists may have booked tickets for the Painted Hall in the Old Royal Naval College and will need directing towards the Greenwich Foot Tunnel to access the grounds. The Greenwich Visitor Centre will also be open as usual.

The Cutty Sark will not be open to the public on Sunday 1 March. Greenwich Market will be open as usual throughout the day and is a popular visitor attraction.

FINISH AREA MAP



KEY	
	TENT/MARQUEE
	CABINS
	GT BARRIER
	HEAVY BARRIER
	RUNNER ROUTE
	HQ BARRIER
	GENERATOR
	TOILETS

FINISH TRAVEL

There are two main train stations which service the Finish Area:

GREENWICH STATION: Greenwich Station is approximately 10 minutes' walk from the Finish Line and has a range of overground services for travelling into and away from central London.

GREENWICH DLR: The station is in the same location as the overground rail station and has regular services on the Docklands Light Railway throughout the day.

CUTTY SARK DLR: Cutty Sark DLR is located in the town centre and has regular services on the Docklands Light Railway. This station is

likely to be extremely busy on event day and we would advise that if you plan to travel by rail, you should head to Greenwich DLR station rather than to Cutty Sark DLR station.

There is also a Thames Clipper service in operation on event day, which is a boat service that travels to and from Greenwich along the River Thames. Full details of the Clipper services can be found at thamesclippers.com

All baggage lorries travel in convoy from the Start to the Finish and park up in the grounds of the National Maritime Museum so that participants can collect their belongings after completing their run.



See below for an overview of timings for the Finish Baggage Teams:

Lorry No.	Start Location	Arrival time at Finish	Lorry parked up	Truck ready to receive runners
1	South Side (Orange Start)	09:00	09:15	10:00
2	South Side (Orange Start)	09:00	09:15	10:00
3	South Side (Orange Start)	09:00	09:15	10:00
4	South Side (Orange Start)	09:00	09:15	10:00
5	South Side (Orange Start)	09:00	09:15	10:00
6	North Side (Green Start)	09:20	09:30	10:10
7	North Side (Green Start)	09:20	09:30	10:10
8	North Side (Green Start)	09:20	09:30	10:10
9	North Side (Green Start)	09:20	09:30	10:10
10	North Side (Green Start)	09:20	09:30	10:10
Late baggage	South Side (Orange Start)	09:35	NA	09:55
Late baggage	North Side (Green Start)	10:10	NA	10:30

PLEASE NOTE: Championship runners will have their own designated baggage vehicle and this will be parked in the National Maritime Museum along with the rest of the baggage lorries. Elite runners and VIP/Hospitality runners have their own process. Their bags are loaded onto one of the standard green baggage lorries at the Start and then separated at the Finish.

the Festival

The Vitality Big Half isn't all about running. There's also a huge festival taking place in Greenwich throughout the day to celebrate London's diverse culture, food and music. The Vitality Big Festival is free of charge and is open to all runners, spectators, volunteers and local residents, who are invited to come along and join the party.

The festival brings together the best of food, music, sport and exercise, and culture from London's boroughs:

FOOD – food traders will offer a selection of healthy and tasty meals, while Good Food in Greenwich will host demonstrations on healthy diet and sustainable living in the Kitchen Theatre.

MUSIC – The Vitality Big Stage, in partnership with BBC Introducing, will host a selection of the hottest up-and-coming acts, and local community performers will show off their amazing talents. There will be music for every taste.

SPORT & EXERCISE – There will be running

challenges on the Vitality Tumbleator, soft archery, table tennis and curling from Greenwich Leisure, the Vitality Hub and a series of running challenges on the Vitality Tumbleator.

HEALTH & WELLBEING – The Vitality Big Half participants will be able to enjoy a free massage. There will also be Yoga for beginners, advice on healthy and physically active lifestyles from Vitality and Live Well Greenwich, and a Chatterbooks reading corner presented by The Reading Agency.

Also do not miss the opportunity to slide down the Helter Skelter and look the part with face-painting!



FESTIVAL FAQs

Is the festival free?

Yes. The Vitality Big Festival is free to everyone including runners, spectators and volunteers.

What time does The Vitality Big Festival start and finish?

The festival will open at 09:00 with all activity finishing at 16:00.

What is the best entrance point for getting into The Vitality Big Festival?

For those coming from Greenwich town centre, the best point of access will be through St Mary's Gate at the top of King William Walk. There will also be entry through Park Row Gate for those coming from Maze Hill Station.

What is the best train station to head to when departing The Vitality Big Festival?

The best stations to head to when leaving The Vitality Big Festival are as follows:

For central London – Greenwich Rail Station

If heading east – Maze Hill Station

If you require the DLR we recommend going to Greenwich DLR Station rather than Cutty Sark as it will be a much quicker journey and you will avoid excess queuing.

Is there anything that is suitable for young children?

There will be a Helter Skelter, Chatterbooks reading corner and face-painting.

Will there still be access available to the rest of Greenwich Park?

Yes, the park will be open as usual, including public access to the Royal Observatory Greenwich.

THE VITALITY BIG FESTIVAL MAP



**Thank you for joining the team delivering
The Vitality Big Half.**

**We really appreciate your support and we're confident you will
have a memorable experience on the volunteer team.**

**Your feedback is really important to us so please email any feedback following the event to
volunteers@londonmarathonevents.co.uk**